

Kanandah Kapers November 2022

Kanandah 21 Douro Street



REMEMBRANCE DAY
Lest We Forget

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Editor's Desk

Hello Residents, Families and Friends!

We had a special visitor this Month. Her name was Luna.

If only we could adopt her.

She made lots of people's day brighter and we thank Megan for bringing her in and sharing her with us.



Last month for Pink up Mudgee we had a Pink high tea, where we also got to thank the Auxiliary ladies for all the years supporting Kanandah.

Keep Safe!

Georgie

November Trivia

As part of the seasonal calendar, November is the time of the 'Snow Moon' according to Pagan beliefs.

Zodiac signs: **Scorpio & Sagittarius**












Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

*You only live once
but if you do it
right, once is
enough.*

-- Mae West

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	World Vegan Day  1 All Saints Day Melbourne Cup	* November Anytime * 2	Sandwich Day  3		Guy Fawkes Night 4 5	Adolphe Sax's Birthday 6
7	Tongue Twister Day 8	Inventors' Day  9	10	Veterans Day  11 Remembrance Day	12	World Kindness Day  13
Claude Monet's Birthday 14	15	16	World Philosophy Day  17	18	International Men's Day 19	20
World TV Day  21 World Hello Day	22	23	Henri Toulouse-Lautrec's Birthday  24 Thanksgiving	25	26	Advent  27
Today in history: Crossing the Pacific  28	29	Mark Twain's Birthday  30 St. Andrew's Day	<h2>Special Days we Can Celebrate</h2>			

Upcoming Events

Consumer (residents) Committee meeting

Monday 21st of November 11:00am,

Resident's Meeting

Tuesday 22nd of November 11.00am,

Tai Chi

First and Third Thursday of the month, 2.00pm

Armchair Travel

Tuesday 8th of November 2.00pm,

High Tea

Tuesday 29th November 2.00pm, special Guests from Nalag



Regular Events

Men's Group Tuesday the 16th at 2pm

Bingo! Monday and Friday 2.00pm

Church services every 2nd, 3rd, 4th Friday of the month

Hair Dresser ever Wednesday

Special Days



- 1st All Saints Day
- 1st World Vegan Day
- 1st Melbourne Cup
- 3rd Sandwich Day
- 5th Guy Fawkes Night
- 6th Adolphe Sax's Birthday
- 8th Tongue Twister Day
- 9th Inventors' Day
- 11th Remembrance Day
- 11th Veterans Day
- 13th World Kindness Day
- 14th Claude Monet's Birthday
- 19th International Men's Day
- 19th World Philosophy Day
- 21st World Hello Day
- 21st World TV Day
- 24th Thanksgiving
- 27th Advent



November 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10.00 Exercise  1 11.00 Resident meeting 2.00 Melbourne Cup races	High care 2 Flower arranging	10.00 Exercise 3 11.00 Golf 2.00 Tai chi	10.00 Exercise 4 11.00 Manicures 2.00 Bingo	Movies 5 Cards Walking in garden Knitting	Games 6 Colouring Reading Movies
10.00 Exercise 7 11.00 Golf 2.00 Bingo	10.00 Exercise 8 11.00 Cards 2.00 Armchair Travel	High care 9 Flower arranging	10.00 Exercise 10 11.00 Word games 2.00 Craft	10.00 Exercise  11 11.00 Presbyterian / Remembrance service 2.00 Bingo	Games 12 Colouring Reading Movies	Movies 13 Cards Walking in garden Knitting
10.00 Exercise 14 11.00 Kubbs 2.00 Bingo	10.00 Exercise 15 11.00 Manicures 2.00 Men's club	High care 16 Flower arranging	10.00 Exercise 17 11.00 Craft 2.00 Tai chi	10.00 Exercise 18 11.00 Catholic 2.00 Bingo	Movies 19 Cards Walking in garden Knitting	Games 20 Colouring Reading Movies
10.00 Exercise 21 11.00 consumer residents committee meeting. 2.00 Bingo	10.00 Exercise 22 11.00 Residents meeting. 2.00 Craft	High care 23 Flower arranging	10.00 Exercise 24 11.00 Manicures 2.00 Birthday and happy hour.	10.00 Exercise 25 11.00 Anglican 2.00 Bingo	Games 26 Colouring Reading Movies	Movies 27 Cards Walking in garden Knitting
10.00 Exercise 28 11.00 Darts 2.00 Bingo	10.00 Exercise 29 11.00 Trivia 2.00 High tea	High care 30 Flower arranging	<h2>Hostel Activity Program</h2>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Melbourne Cup  1 Watching the racing Happy hour	Movies 2 Singalong Arts and craft Reading Kapers	Exercises 3 Short stories Quoits Craft and Arts	Word games 4 Sensory Activities Balloon games	Outside Quoits in the garden. Newspaper Reading Music/singalong 5
Exercise 6 Songs of praise Art and craft	Flower arranging 7 Manicures Armchair travel	Saying and word games. 8 Balloon Games Art and craft	Poetry 9 Exercise Ten pin Bowling Walks outside.	Card games 10 Ball games Drawing and painting	Poppy making Remembrance Day  11 Happy hour Poetry	Singalong 12 Gardening Bird watching Craft and art
Exercise 13 Songs of praise Balloon Games	Flower arranging 14 Manicures and Nail painting Armchair travel	Word games 15 Newspaper Reading Exercise	Ball games 16 Short stories Art and craft.	Singalong 17 Word games Darts	Newspaper reading 18 Sensory Activities Flower arranging	International Men's Day 19 Movies Walks in the garden Bird watching
Exercise 20 Songs of praise Art and craft	Hand Massage 21 Word games Balloon games	Newspaper reading 22 Exercise Singalongs	Flower arranging 23 Individual discussions Who am I	Exercise 24 Craft and art Balloon games Walks	Exercise 25 Walks Word games Ten pin bowling	Newspaper readings 26 Poetry Exercise
Songs of praise 27 Art and craft Balloon games	Exercise 28 Manicures and nailing painting Flower arranging	Exercise 29 Art and craft Armchair travel	Sensory activity 30 Art and craft Newspaper reading.	<h1>Douro Activity Program</h1>		

November Birthdays

In November, we celebrate birthdays with:

- Geoffrey
- Lon
- Pat
- Ian
- Greg
- Boof
- Sharon.

Please join us in the recreation room on the first Sunday in November to celebrate!



Vivien Leigh, Actress, 5th November 1913

Richard Burton, Actor, 10th November 1925

Grace Kelly, Actress, 12th November 1929

Charles, Prince of Wales, 14th November 1948

Rock Hudson, Actor, 17th November 1925

Bo Derek, Actress, 20th November 1956

Goldie Hawn, Actress, 21st November 1945

Bruce Lee, Actor & Martial Artist, 27th November 1940

Winston Churchill, Prime Minister, 30th November 1874

Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Poem to Share

There Will Come Soft Rain

Sara Teasdale

There will come soft rain and the smell of the ground,
And swallows circling with their shimmering sound;
And frogs in the pools singing at night,
And wild plum trees in tremulous white;

Robins will wear their feathery fire,
Whistling their whims on a low fence-wire;
And not one will know of the war, not one
Will care at last when it is done.

Not one would mind, neither bird nor tree,
If mankind perished utterly;
And Spring herself, when she woke at dawn
Would scarcely know that we were gone.



WOW!

Product Birthday Spotlight: **Trivial Pursuit**

In November 1981, the board game Trivial Pursuit was copyright registered. The game was created by Canadians Chris Haney and Scott Abbott. After finding pieces of their Scrabble game missing, they decided to create their own game.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Anne

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Recreation Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers library books to residents. If you would like this service, please talk to a staff member.

Next Day is 10th of November

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser the days that she will be attending will be found on the black board outside the hostel dining room.

PINK UP MUDGE

We raised \$351.85 so thank you to everyone whom Donated to the cause .



CULTURAL CELEBRATION

In the month of November we celebrate Melbourn cup day and Remembrance Day

. Watch your calendar for related activities in the Activity room.

Thank you to Ulysses RV group for donating Knitted blankets these will be placed in the New building for the Residents in North View to Enjoy.



Laughing Matters



A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

.....

Teacher: "Who can make a sentence with the word 'detail'?"

Little Johnny puts his hand up and goes to the front of the classroom.

He said: "When de rabbit jumps over de fence, de head goes before detail"

.....

A husband is reading a newspaper article to his wife.

"Women use about 30,000 words to a man 's 15,000 " he reads.

"That's because we have to repeat everything we say to men," she replies.

Her husband puts down the paper and says "WHAT?"

.....

Son: "Dad, will you help me find the lowest common denominator in this math problem?"

Dad: "Don't tell me that still hasn't been found, they've been looking for it since I was in school!"

.....

Spotlight



Luna Brown

AGE = 3 months old

Sex= Female

Breed = Cattle Dog

Personality

Cuddly, Sleepy, Nice natured and an absolute cutie.

Tony's Jokes of the month

Paddy says "Mick, I'm thinking of buying a Labrador. "Blow that" says Mick "have you seen how many of their owners go blind?"

The wife was counting all the 5c and 10c out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

Tongue Twisters

Try saying each of these phrases at least 3 times as fast as possible. It won't take long before your tongue becomes twisted!

Red leather, yellow leather

Mother Mingle makes wax matches

At Mr. Smith's fresh fish shop, she's welcoming him in

*She sells sea shells on the sea shore
the shells she sells are seashells, I'm sure!*

*I went into a felt shop
and bought a piece of felt
the piece of felt I felt
doesn't feel like any piece of felt I felt before*

*Fuzzy wuzzy was a bear
Fuzzy wuzzy had no hair
Fuzzy wuzzy wasn't fuzzy, was he?*

*1 1 was one racehorse.
and 2 2 was one too
1 1 won one race and
and 2 2 won one too*